

WEEKEND EDITION - with Jeannie Bourke of Venustus



"Then I get up and I like to spray an organic mist and I either have a bath/sage smudging/palo santo smudging/diffusers with essential oils, then I focus on:

how can I be the best mum

how can I be the best boss

how can I be the best partner to Gary

how can I be the best me

So I am thinking about this, seeing it, feeling it, falling in love with it.

Decide I will have it and then inform and hand it over to the universe

I like to create altars everywhere & have ceremonies often...

On holidays I love to read about business & the latest thought that resonated with me was that successful people in life can "articulate clearly, who you are, what you do and most importantly, why"

BUY

Right now I'm buying animal spirit cards, Banyan tree card, Midori notebooks, I find things on my travels and then stock them in Store so my clients have access to it all.

I also am in love with the HEAVEN and LOVE rings I bought from Babyanything, to remind me every day of love and the divine.

EAT

Rushi Cronulla

LISTEN

I listen this and play through my clients. It really required listening for any female at any stage throughout their life. Podcast "A letter to the women of this world" Live Awake on #SoundCloud



USING

Om facial mist & Om facial serum (my latest favourite skincare) containing organic essential oils, I find this spiritually levelling for me – creating an Om feel

Ethereal perfume (which I made for me & clients) every organic ingredient which help me – ethically, evolve

Belief essential oil for my bath every night/morning

Sage smudging & Palo santo smudging every day

READ

Don Miguel Ruiz "The four agreements"

Louise Hay "You can heal your life"

Marianne Williamson "Unconditional love"

Dr Libby Weaver "Women's wellness wisdom & the beauty guide"

Jan Kasmirek "liquid sunshine"

WATCH

Racing Extinction. I love this because it shows both data of what's happening & human emotion of how to help

"Never, ever, give up on anyone who wants the opportunity to learn, grow and become their best Keep seeking your own truth, keep evolving and try to help anyone, everyone you can."

